

LEAFLET HAIR TRANSPLANTATION

Requirements for hair transplantation

Androgenetic hair loss

The most frequent cause of hair loss is an inherited hormonal disorder of the hair-producing cells (hair follicles). Hair loss generally occurs slowly and without being noticed. Usually, there are other bald family members. Hair loss is locally limited to determined areas. This fact leads to typical hair loss on the hair line on the forehead, the parting of the hair and at the hair crowns of men. Hair roots from the hair line of the back of the head are not affected by genetic information. That is why hair extracted from this area does not fall off once it is in the transplanted area (dominance of donor).

Up to 70% of men and 50% of women are affected by inherited hair loss. Hair loss in women is different than in men. It often affects parting or occurs on the whole scalp. In this case, hair transplantation is not recommended.

Scars

Hair transplantation after burns, accidents, surgeries or diseases.

Other causes

If hair loss is caused by stress or disease, it is **not** convenient to carry out hair transplantation.

Hair transplantation consists in redistributing healthy hair roots from the back of the head to areas of sparse hair or bald spots. Due to its 15 years of experience, this technique is well established around the world and achieves good visual results and natural looks.

Planning of the intervention

Hair transplantation is aimed at long-term good and natural results. And this requires careful planning. How much own hair do we have for the transplantation? How many hair roots do we need to cover the areas of sparse hair or bald spots?

To determine future hair loss, hair loss of other family members (such as mother, grandfather, etc.) has to be taken into account. What do those who suffer from hair loss expect and what are their needs? Only if we consider all the factors, we can reach long-term, natural and satisfying results. Depending on the expectations and age, one intervention may be enough. In the case of dense hair or large areas, two or even three interventions might be necessary. In younger patients, hair loss might continue and a further intervention might be necessary a few years after. All this must also be considered for good planning.

Procedure

The procedure is out-patient with local anesthesia and sedation. It will take place in our practice-owned operating theatre. A small skin strip with healthy hair roots will be extracted from the hair crown of the back of the head. The edges of the wound will be sutured with cosmetic stitches. The hair strip will be divided into follicular units (FU) under the microscope. Since the hair line is easy to see, a visual good and natural result is of utmost importance. Only follicular units (FU) are used. The different densities of the hair shaft, the direction of hair growth and the angle need to be taken into account. Mini grafts are transplants with 4 or more hairs. In the case of thin and light hair, they can be used if it is important to reach a high density and if natural looks are secondary (for example, in the crown).

Follow-up treatment

The day after the operation, you will come to our doctor's office to have your hair washed and checked.

The stitches will be removed after 10 to 14 days.

What needs to be taken into account?

- Do not expose to sun for 2 to 4 months (use loose head covering).
- Do not do any exercise or swim during 2 weeks.

Frequently asked questions

- Does the transplanted hair fall off in a few years?
No, the transplanted hair roots are healthy and are not affected by inherited hair loss. That is why the hair will not fall off in the future.
- Where do we take the hair from?
A strip of scalp with hair follicles will be extracted from the hair crown of the back of the head.
- Does the hair grow?
Just as normal hair, the transplanted hair units will grow immediately after the transplantation. You will have to go to the hairdresser to have it cut or colored.
- Will the hair look natural?
For natural looks, the hair line is of utmost importance. 3 factors are decisive:
 - 1. Size of graft (for example 1 hair/graft). Due to the most modern technique we prepare tiny hair units under the microscope and create micro transplants of one up to three hairs. For the hairline we only use hair follicles with one hair. Towards the back of the head, higher density is required and, therefore, larger grafts with 2 to 5 hairs can be used.*
 - 2. Hair has different densities. At the hairline, transplants with thin hair are preferred.*
 - 3. During the procedure, the direction of natural hair growth and the angle have to be taken into account.*

- Does the operation hurt?
The operation is carried out with local anesthesia. With the exception of the anesthesia, the operation will not hurt. After the operation, patients feel pain on the back of their head for about 24 to 48 hours. But painkillers help you to stand the pain without any problems.
- How long are you unable to work?
*Depending on the type of profession, you will be able to return to work the day after the surgery.
Four days after the operation, there might be swelling and visual bruises on the forehead. For reasons of discretion, we recommend you to stay off from work for 10 to 14 days.*
- How long are you unable to do exercise?
Swimming, contact sports and intense endurance sports are possible after 14 days.
- Will there be visible scars?
In the case of short hair, there might be a scar – a white line – on the back of the head (hair removing retraction area). The transplantation area might also show slight bumps.
- Is one treatment enough to achieve magnificent hair?
Depending on the extent of hair loss or expectations regarding hair density, 2 or even 3 interventions might be necessary. In younger patients, hair loss will continue on a long-term basis and, therefore, a further intervention might be necessary at a later stage.
- Under what circumstances is hair transplantation not possible?
 - *If the patient does not have sufficient own hair to cover the areas of sparse hair or bald spots.*
 - *Disease-related hair loss*